

SESSION 20: Stay Active Away from Home



Session Focus

Staying active away from home can help you manage your weight.

This session we will talk about:

- Some challenges of staying active away from home, and ways to cope with them

You will also make a new action plan!

Sherry's Story

Sherry takes a walk with her neighbor each morning. She also rides a stationary bike after dinner. She's been meeting her goal of being active for at least 175 minutes each week, at a moderate pace or more.

Sherry and her husband are planning to visit some old friends over Memorial Day weekend. It takes six hours just to drive to her friends' house, which means a lot of sitting. And once she gets there, Sherry won't be able to walk with her neighbor or ride her stationary bike. She's worried that she won't reach her fitness goal that week.

Sherry finds ways to stay active during the drive. They stretch and walk around at each stop.

Sherry tells her friends that she is trying to stay active while away from home and invites them to join her.

Sherry and her friend Ann take a walk each day. It's a great way to get to know the area.

Ann suggests going out in a canoe. Sherry has never canoed before, but she gives it a try. And she loves it!

Sherry has no trouble reaching her fitness goal that week. She's glad to know she can stay active away from home.

What makes it challenging for you to stay active when you're away from home?

How to Cope With Challenges

It can be challenging to stay active away from home. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

CHALLENGE	WAYS TO COPE	OTHER WAYS TO COPE
I'm too busy seeing sights	<input type="checkbox"/> See sights while you are active – walk, bike, hike, ski, swim and paddle	
I'm visiting friends or family	<input type="checkbox"/> Tell them that you are being active to manage you weight <input type="checkbox"/> Look for activities that they can do with you	
I have to travel a long way, which means a lot of sitting	<input type="checkbox"/> If you're a passenger, do leg lifts while you ride <input type="checkbox"/> Take a train – you can walk around a little <input type="checkbox"/> If you travel by car, make time for fitness breaks	
I don't know my way around, so I don't know where to walk	<input type="checkbox"/> Use walking as a chance to get out and know the area <input type="checkbox"/> Map out a walking route to explore <input type="checkbox"/> Ask local people where to walk <input type="checkbox"/> Find maps and route ideas on your computer <input type="checkbox"/> Get a mapping app for your smart phone <input type="checkbox"/> Walk inside a local mall	

CHALLENGE	WAYS TO COPE	OTHER WAYS TO COPE
<p>I can't use my fitness center or home equipment</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Find out if there's a local fitness center that you can use <input type="checkbox"/> Stay at a hotel that has a fitness center or pool <input type="checkbox"/> Pack a resistance band <input type="checkbox"/> Rent a bike <input type="checkbox"/> Be active in ways that don't need fitness equipment – walk, dance, climb stairs, etc. 	
<p>I don't have my workout buddy</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Ask someone else to be active with you <input type="checkbox"/> Be active by yourself <input type="checkbox"/> Join an online fitness group <input type="checkbox"/> Contact your workout buddy for support 	